

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 Blood Pressure Check 10am Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Yoga (\$) 11am-12noon Card Games 8:30am Community Meal 4-6pm</p>	<p>2 Walking 8-11am Music/Singing 9-11am Card games 8:30am Weaving Guild 9am-1pm</p>
<p>5 Walking 8-11am Sewing 9am-1pm Card Games 8:30am Line Dancing 9am-10am</p>	<p>6 Walking 8-11am Bead /Jewelry 10am-1 pm Woodcarving 8:30am-12pm Computer Help 9-11am Rug Hooking 12-2pm Yoga (\$) 6-7pm</p>	<p>7 Walking 8-11am Knitting 9am-12pm Pottery 9am-1pm Card Games 8:30am AA Meeting 7:30pm</p>	<p>8 Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Yoga (\$) 11am-12noon Community Meal 4-6pm</p>	<p>9 Walking 8-11am Music/Singing 9-11am Card games 8:30am Weaving Guild 9am-1pm Bingo 10am</p>
<p>12 Walking 8-11am Sewing 9am-1pm Card Games 8:30am Line Dancing 9am-10am</p>	<p>13 Walking 8-11am Bead /Jewelry 10am-1 pm Woodcarving 8:30am-12pm Card Games 8:30am Rug Hooking 12-2pm Yoga (\$) 6-7pm</p>	<p>14 Walking 8-11am Knitting 9am-12pm Pottery 9am-1pm Card Games 8:30am Book Club 2:30-4pm AA Meeting 7:30pm</p>	<p>15 Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Yoga (\$) 11am-12noon Christmas Party 10am Community Meal 4-6pm</p>	<p>16 Walking 8-11am Music/Singing 9-11am Card games 8:30am Weaving Guild 9am-1pm</p>
<p>19 Walking 8-11am Card Games 8:30am Sewing 9am-1pm Line Dancing 9am-10am</p>	<p>20 Walking 8-11am Bead /Jewelry 10am-1pm Woodcarving 8:30-12pm Card Games 8:30am Rug Hooking 12-2pm Yoga (\$) 6-7pm</p>	<p>21 Walking 8-11am Knitting 9am-12pm Pottery 9am-1pm AA Meeting 7:30pm</p>	<p>22 Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Yoga (\$) 11am-12noon Bingo 10am Community Meal 4-6pm</p>	<p>23 Closed </p>
<p>26 Closed </p>	<p>27 Closed </p>	<p>28 Walking 8-11am Knitting 9am-12pm Pottery 9am-1pm Card Games 8:30am AA Meeting 7:30pm</p>	<p>29 Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Yoga (\$) 11am-12noon Community Meal 4-6pm</p>	<p>30 Walking 8-11am Music/Singing 9-11am Card games 8:30am Weaving Guild 9am-1pm Bingo w Bob 10am</p>



December 2016

Western Watauga Community Center

Christmas Party on December 15th at 10am! Food catered by Chick-fil-A and Daniel Boone Inn; Christmas carols with Jack Love on the piano; and Santa giving out gifts! Come join the fun!

New Tai Chi Class starting Jan. 12th at 10am. Call Cindy to sign up.

Line Dancing- Mondays, 9-10am here at center. Please sign up. (Wear flat comfortable shoes to dance in!)

Bingo on Friday, Dec. 9th and 30th; also Thurs., Dec. 22nd at 10am-bring two items for prizes to play.

Blood Pressure Checks –Thursday, Dec. 1st at 10am.

Computer Assistance-First Tuesday from 9-11am. Appt. only.

Beautiful crafts for sale in front area-pottery, knitted/sewn items, and jewelry, all made by our talented participants!

Bingo w/ Bob/Medi-Home Hospice on Friday, Dec. 30th at 10am. (Bob is available for private/group sessions on coping with loss.)

Western Watauga Food Outreach Schedule

Every Thursday 4pm-6pm with free food distribution and a drop in community meal. All ages are welcome to drop in on a first-come first-served basis. Call Hunger & Health **828-262-1628** for info.

AA group meets Wednesday nights at 7:30pm.

Center Hours of Operation: Monday-Friday-8am-4pm

Most classes are offered free to seniors age 60+

Private and civic groups may use or rent the building after hours and on weekends. Must be reserved in advance. Fees may be required.

Weekly Activities

Coffee Time and Talk: Monday- Friday 8am-11:30am. Bring snacks and a story to share.

Congregate Nutrition (lunch): Served Monday-Friday, 11:30am-12:00pm- must be a registered participant or paying guest. Meal price -\$7.08. See a staff member for details.

Card Groups- Rook, etc: Mon- Fri 8:30am-11:30.

Walking in the old CC Gym or the park Mon-Fri 8am-1pm

Watauga Woodcarving Tuesdays 8:30am-11:30am

Decorative Beading /Jewelry making Tuesdays 10am-1pm

Weaving meets Friday 10am –1pm: lessons by appointment, call before coming.

Hand Spinning First Sunday of month, 2-4pm

Fiber Guild Third Saturday of the month, 10am-12 noon

Sewing Mondays 9am-1pm- make clothes & household items

Knitting Wednesdays 9am-12pm

Pottery-Wednesdays 9am-1pm

Art Thursdays 9:30am-12:30pm

Lap Quilting Thursdays 9am-12:30pm

Rug Hooking Tuesdays 12-2pm

Computer Assistance First Tuesday of the month, 9-11am

Line Dancing Mondays 9-10am

Drop-In Activities for age 60+only-sign up required

Horse shoes-Cards-Cornhole-Board Games-Puzzles-Exercise Equipment-Library-Movies-Books-Kindles for check out.

1081 Old US Hwy 421

Sugar Grove, NC 28679

Phone:/Fax (828)297-5195

Director: Cindy Lamb

Email: cindy.lamb@watgov.org

**Western Watauga
Community Center**

**For additional information,
questions about activities, or
to register for transportation
please contact the
Center Director.**